

Creston Healthy

A publication of the North End Wellness Coalition, May 2021

WORKING TOGETHER FOR HEALTH

We are eager to meet and learn with/from you in supporting healthy lifestyles in the neighborhood! Let us know of your interest at northendwellnesscoalition@gmail.com. View meeting information at northendwellness.org/meetings/

CELEBRATE HEALTH WITH THE DOBKOWSKI FAMILY!



Nick, Alaina, Levi, Andre and Giovanni

"We enjoy going on family walks together, jumping on the trampoline, playing outside, cooking together, and of course, doing yoga."

They love to cook with seasonal fresh veggies all summer long from their farm share with New City Farm.

Nick is the owner and founder of Flip Dog Yoga and Alaina works for Access of West Michigan and she coordinates the annual Walk for Good Food, raising support for organizations who are committed to creating healthy, affordable, and sustainable food systems for all.

EAT WELL

YMCA VEGGIE VAN

May 26, 3:30pm to 4:30pm at St. Alphonsus Parish

Learn More: grymca.org/ymca-veggie-van

STAY ACTIVE

GUIDED WALKING TOURS

Take the self-guided Creston History Tour through the [GR Walks](#) app on your smart phone. Text and historical photos will guide you through many points of interest in the neighborhood.

YOUNG AT HEART SATURDAY WALKING CLUB

For ages 55+ of all abilities. Meet at St. Alphonsus or at the park, location varies. Contact vscholten18@gmail.com or visit the [NEWC Calendar](#) for more information,

SUNSHINE CHURCH WALKING CLUB

Wednesdays at 6:45pm, meet in the church parking lot. Contact glammers@sunshinechurch.org for more information.

JEFF BROWN YOGA

Visit jeffbrowngryoga.com for the latest on Facebook Live yoga classes.

BE HAPPY

STOMP OUT STIGMA – WALK FOR MENTAL HEALTH

May 15 at 8am, learn more [HERE](#).

MINDFULNESS FOR BETTER LIVING LUNCH AND LEARNS

Wednesdays from 12-1 PM

May 5, 2021 Changing Negative Self Talk

May 12, 2021 Caring for the Caregiver

May 19, 2021 Begin with a Breath

May 26, 2021 Mindfully Feeding Infants and Toddlers

Register online: <http://bit.ly/3tyZZ96>

YOU BELONG HERE

MSU EXTENSION HOMEOWNERSHIP WEBINAR

Multiple dates, visit the [NEWC calendar](#) for more information.

HEALTHY AGING PROGRAMS

Virtual. Regain strength and endurance after this lengthy shelter in place. Call Julie Lake at Senior Neighbors to register: 616-233-0283.



WALK FOR GOOD FOOD

Join the [NEWC Walk Team](#) for the Walk for Good Food and help us meet our group fundraising goal so no one goes hungry.

MEMBER SPOTLIGHT

ACCESS OF WEST MICHIGAN

Access of West Michigan is a dynamic organization with three inter-related targets for their work: 1. food system programs (including food prescription and a farm to pantry program), 2. poverty simulation workshops and assistance for congregations in addressing neighborhood poverty, and 3. employment of individuals with barriers to work. Throughout their programs, Access' vision is to cultivate a community rooted in equitable systems.

Access is sponsoring the 40th Annual Walk for Good Food May 2-12, to raise funds to foster the development of a "good food system" wherein food is healthy, fairly-priced, green (grown responsibly) and affordable. For more information, visit the link above with the green logo.

COMMUNITY VACCINATION CENTERS

Think of how wonderful it will be to connect with family and friends again!

The science is behind us---vaccinations are safe and they work!

Register for your vaccination below. Currently eligible: all persons 16 and over.

Kent County, Spectrum Health and Mercy Health, and Vaccinate West Michigan's COVID-19 vaccine clinic at DeVos Place, 303 Monroe Avenue in Grand Rapids. Appointment only. Based on vaccine availability. Register at: www.wmvaccineclinic.org or call: 833.755.0696

The Kent County Health Department (KCHD)'s clinic for at 700 Fuller NE. If in these categories, Kent County Health Department will call as appointments become available. -Meijer will be giving vaccinations as soon as the vaccine is available. Register at: <https://clinic.meijer.com>

But maybe Spectrum Health is more convenient for you. Spectrum Health

Registration: <https://www.spectrumhealth.org/covid19/covid-19-vaccine#Available>

We'd like to thank our partners and sponsors!

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